



It's Your Health...
Take Charge!

Farmers' Market Nutrition Program Recipe Cards



Confetti Bean Salsa

8 SERVINGS

Amount Per Serving:

Calories 138

Carbohydrate 22g

Fat 4g

Protein 6g

Sodium 131mg

Fiber 5g

Ingredients

- **1 ½ cups** fresh or frozen corn
- **1 can** reduced sodium red or black beans
- **1** large tomato
- **1** large sweet onion
- **1 teaspoon** ground cumin
- **2 tablespoons** olive oil
- **1 tablespoon** lime juice (fresh or bottle)

Instructions

- Drain and rinse beans.
- Chop tomato and onion.
- Combine corn, beans, tomato, onion, cumin, olive oil and lime juice in bowl.
- Mix well.
- Serve with tacos or tortilla chips.



Mediterranean Quinoa Salad

4 SERVINGS

Amount Per Serving:

Calories 309

Carbohydrate 20g

Fat 23g

Protein 9g

Sodium 430mg

Fiber 3g

Ingredients

- **3 tablespoons** fresh squeezed lemon juice
- **1 tablespoon** red wine vinegar
- **¼ teaspoon** dried oregano
- **1** clove garlic, smashed and finely chopped to a paste
- **½ teaspoon** black pepper, divided
- **¼ cup** extra virgin olive oil
- **1 cup** quinoa
- **2 cups** water
- **2 cups** chopped tomatoes
- **2** green onions, sliced
- **¼** small red onion, diced or thinly sliced
- **¼** cucumber, diced
- **1 cup** feta cheese for sprinkling

Instructions

- Whisk together lemon juice, vinegar, oregano, garlic, and ¼ teaspoon pepper in a small bowl. Slowly whisk in the oil until mixed, not separated.
- Let sit at room temperature while you prepare the salad to allow flavors to blend.
- Rinse quinoa in a strainer until water runs clear. Combine the quinoa, 2 cups of water, and ¼ teaspoon pepper in small saucepan and bring to a boil.
- Reduce heat and cook until water is absorbed and quinoa is tender (10-15 minutes).
- Transfer to bowl, fluff with fork, and let sit for 5 minutes to cool.
- Add tomatoes, onions, cucumbers and dressing. Cover and refrigerate for at least an hour and up to 8 hours before serving.
- Just before serving, sprinkle with feta cheese.

Minty Watermelon Cucumber Salad

16 SERVINGS

Amount Per Serving:

Calories 60

Carbohydrate 9g

Fat 3g

Protein 1g

Sodium 78mg

Fiber 1g

Ingredients

- **8 cups** cubed seedless watermelon
- **2** medium cucumbers, halved lengthwise and sliced
- **6** green onions, chopped
- **¼ cup** minced fresh mint
- **¼ cup** balsamic vinegar
- **¼ cup** olive oil
- **½ teaspoon** salt
- **½ teaspoon** pepper

Instructions

- In a large bowl, combine watermelon, cucumbers, green onions and mint.
- In a small bowl, whisk remaining ingredients.
- Pour over salad and toss to coat.
- Serve immediately or refrigerate, covered, up to 2 hours before serving.



Quick Refrigerator Pickles

8 SERVINGS

Amount Per Serving:

Calories 40

Carbohydrate 8g

Fat 0g

Protein 1g

Sodium 297mg

Fiber 1g

Ingredients

- **2 pounds** small, firm, very fresh vegetables, such as beets, carrots, summer squash, cucumbers, radishes, and/or red onions
- **1 cup** distilled white or cider vinegar (5% acidity)
- **1 cup** water
- **½ cup** sugar
- **4** cloves garlic, quartered
- **¼ teaspoon** crushed red pepper flakes
- **2 teaspoons** pickling spice
- **1 teaspoon** kosher or pickling salt

Instructions

- Peel the carrots or beets if necessary. Using a vegetable slicer or very sharp knife, cut the vegetables into very thin rounds, slices, or ribbons.
- Pack the vegetables into a 1-quart jar with a tight-fitting lid. If using more than one type of vegetable, keep them separate and use multiple smaller jars.
- Bring the vinegar, water, sugar, garlic, red pepper flakes, pickling spice, and salt to a boil in a small saucepan, stirring until the sugar dissolves.
- Pour the hot liquid over the vegetables. Let stand until it cools to room temperature.
- Cover and refrigerate until chilled, preferably overnight. Store covered and refrigerated for up to 2 weeks.

Broccoli Salad

8 SERVINGS

Amount Per Serving:

Calories 100

Carbohydrate 26g

Fat 7g

Protein 2g

Sodium 170mg

Fiber 2g

Ingredients

- **6 cups** chopped broccoli
- **1 cup** raisins
- **1** medium red onion, peeled and diced
- **2 tablespoons** sugar
- **8** slices cooked and crumbled bacon (optional)
- **2 tablespoons** lemon juice
- **$\frac{3}{4}$ cup** mayonnaise, low-fat

Instructions

- Combine all ingredients in a medium bowl. Mix well.
- Chill for 1 to 2 hours.
- Serve.



Apple, Cranberry and Almond Coleslaw

8-10 SERVINGS

Amount Per Serving:

Calories 134

Carbohydrate 20g

Fat 7g

Protein 2g

Sodium 44mg

Sugar 12g

Ingredients

- **1 large** red cabbage, shredded
- **3 medium** carrots, grated
- **2 large** gala apples
- **½ cup** sliced green onions
- **1 cup** slivered almonds
- **1 cup** dried cranberries
- **1 tablespoon** honey
- **2 tablespoons** lemon juice
- **⅓ cup** apple cider vinegar
- **1 teaspoon** ground black pepper
- **¼ cup** canola oil
- **½ teaspoon** celery seed

Instructions

- Rinse cabbage, apples and carrots.
- Thinly slice cabbage. Peel and grate carrots. Slice apples into matchsticks.
- In a large bowl, whisk together vinegar, oil, honey and celery seed.
- Mix apples and lemon juice and combine with dressing mixture.
- Add cabbage, carrots, almonds, and cranberries.
- Toss to mix well.
- Cover and chill 2 hours.
- Sprinkle with green onion before serving.

Farmers' Market Pasta Salad

6 SERVINGS

Amount Per Serving:

Calories 156

Carbohydrate 19g

Fat 5g

Protein 11g

Sodium 336mg

Sugar 6g

Ingredients

- **2 cups** chopped tomatoes (heirloom or cherry)
- **2 small** zucchini, thinly sliced into half moons
- **1 small** red bell pepper, cut into thin strips
- **1 cup** fresh sweets corn kernels
- **½ cup** thinly sliced green onions
- **1 (8 oz.) package** of whole grain pasta noodles
- **2 cups** shredded chicken (about 10 oz.)

- **⅓ cup** torn fresh basil
- **⅓ cup** torn fresh cilantro

Parmesan Vinaigrette

- **¼ cup** white-wine vinegar
- **1 tablespoon** Dijon mustard
- **¼ teaspoon** salt
- **½ teaspoon** pepper
- **Pinch** of sugar
- **¾ cup** extra-virgin olive oil
- **¼ cup** finely grated parmesan

Instructions

- Toss together tomatoes, zucchini, bell peppers, corn and onions in a large bowl.
- Prepare pasta according to package directions.
- Add hot cooked pasta and chicken to tomato mixture; toss gently to coat.
- Transfer to a serving platter, and top with basil and cilantro.

Roasted Beet and Butter Bean Hummus

6 SERVINGS

Amount Per Serving:

Calories 165

Carbohydrate 12g

Fat 12g

Protein 3.4g

Fiber 2.6g

Sugar 1.2g

Ingredients

- **1 small** roasted beet
- **¾ cup** cooked butter beans, drained
- zest of **one large** lemon
- juice of **half a large** lemon
- **healthy pinch** salt and black pepper
- **2 large cloves** garlic, minced
- **2 tablespoons** tahini (roasted sesame seed paste), optional
- **¼ cup** extra virgin olive oil

Instructions

- Preheat oven to 375°F.
- Remove the stem and most of the root from your beets, and scrub and wash them underwater until clean.
- Wrap beets in foil, drizzle on a bit of canola oil, wrap tightly, and roast for one hour or until a knife inserted falls out without resistance.
- Once beet is cooled and peeled, quarter it and place it in your food processor. Blend until only small bits remain.
- Add remaining ingredients except for olive oil and blend until smooth.
- Drizzle in olive oil as the hummus is mixing.

Spinach and Strawberry Pecan Salad

6 SERVINGS

Amount Per Serving:

Calories 256

Carbohydrate 12g

Fat 22g

Protein 4g

Sodium 204mg

Sugar 8g

Ingredients

- **1 bunch** fresh spinach
- **1 cup** sliced fresh strawberries
- **½ cup** crumbled Gorgonzola cheese
- **½ cup** pecans, chopped
- **¼ cup** balsamic vinegar
- **2 tablespoons** honey
- **½ cup** olive oil
- ground black pepper to taste

Instructions

- Combine the spinach, strawberries, gorgonzola cheese, and pecans in a large bowl.
- Stir the balsamic vinegar and honey together in a bowl; slowly stream the olive oil into the mixture while whisking continuously.
- Season with salt and pepper.
- Drizzle the dressing over the salad just before serving.



Okra, Avocado and Tomato Salad

6 SERVINGS

Amount Per Serving:

Calories 95

Carbohydrate 12g

Fat 4g

Sodium 13mg

Sugar 1.2g

Ingredients

- **1 pound** okra
- **1** minced jalapeño, seeded if desired
- **1** avocado, cut in small dice
- **1 pound** tomatoes, cut in small dice
- **1 small** white or red onion, chopped
- **¼ teaspoon** salt
- **½ cup** chopped cilantro
- **5 to 6 tablespoons** fresh lime juice
- **1 to 2 ounces** crumbled feta for serving (optional)

Instructions

- Rinse and trim the stems and tips from the okra, and place it in a steamer above 1 inch of boiling water.
- Cover and steam four minutes or until crisp-tender.
- Drain and rinse with cold water, then slice about 1/4 inch thick and place in a large bowl.
- Add the jalapeño, avocado, tomatoes and onion.
- Season with salt, and toss together.
- Add the cilantro and lime juice, and toss well.
- Serve garnished with crumbled feta, if desired.

Plum-Berry Mint Smoothie

4 SERVINGS

Amount Per Serving:

Calories 122

Carbohydrate 22g

Fat 1g

Protein 3g

Sodium 35mg

Sugar 16g

Ingredients

- **2** plums, chopped with skin on
- **6 ounces** blackberries
- **6 ounces** blueberries
- **1 small** banana
- **6 ounces** plain low-fat yogurt
- **4 ounces** 100% cranberry juice
- **1/4 cup** ice
- **3 tablespoons** fresh mint, chopped

Instructions

- Wash blackberries and blueberries.
- Place banana, plums, berries, yogurt, juice, mint and ice cubes into a blender.
- Blend until smooth.



Crispy Baked Vegetables

8 SERVINGS

Amount Per Serving:

Calories 219

Carbohydrate 41g

Fat 3g

Protein 8g

Sodium 490mg

Ingredients

- **1 cup** seasoned breadcrumbs
- **1 cup** cornmeal
- **1 tablespoon** grated Parmesan
- **8 cloves** garlic, peeled and minced
- **2 cups** plain nonfat yogurt
- **¼ cup** sliced zucchini
- **¼ cup** sliced okra
- **¼ cup** sliced eggplant
- **¼ cup** sliced, peeled potatoes
- **¼ cup** sliced, peeled sweet potatoes
- **¼ cup** quartered mushrooms
- **¼ cup** sliced, peeled parsnips
- **1 small** onion, peeled and sliced

Instructions

- Preheat oven to 425°F.
- Line a baking sheet with parchment paper; set aside.
- Mix the breadcrumbs, cornmeal and Parmesan cheese together; set aside.
- Over very low heat, slowly sauté garlic in a nonstick pan sprayed with vegetable cooking spray until garlic begins to brown. Let cool and mix into crumb mixture.
- Dip vegetables into yogurt and then into crumb mixture.
- Lay vegetables on baking sheet and bake until browned and crispy, about 10 to 15 minutes.
- Serve hot.

A top-down photograph of a wooden surface, likely a cutting board. In the upper center is a small metal bowl filled with a fine, yellow powder. To the right of the bowl are several sprigs of fresh thyme and several pieces of garlic, some whole and some chopped into small cubes. A white cloth with a red patterned edge is visible on the left side. The text is overlaid on the lower right portion of the image.

Ready to plant your own herbs?

A few herbs that grow well in
South Carolina include:

basil
chives
cilantro
dill
mint

oregano
parsley
rosemary
sage
thyme



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